



Wayne Harrison *presents* Exclusive Book Series



Bill Morrow

Soccer Awareness Training

A Rondo Overloading Players In The Zone 14



ABOUT WAYNE HARRISON

- Ex-Professional Player with Blackpool; England and Oulu Palloseura; Finland
- Represented Great Britain in the World Student Games in Mexico
- Bachelors of Arts in Sports Psychology
- UEFA 'A' License 1996
- NSCAA Premier Diploma holder
- Author of 14 Coaching Books and 4 DVD's
- DOC for Al Ain Soccer Club; United Arab Emirates; Middle East; 7 Youth National Championships in 2 years at Professional level
- Proponent of Soccer Awareness One Touch Developmental Training
- Owner Soccer Awareness Developmental Training programs

A Game Situational Soccer Awareness Rondo: By Wayne Harrison of Soccer Awareness

A rondo can be applied on certain parts of the field of play that apply to the game.

This exercise is based on the positioning of the players around Zone 14 (the zone in front of the opponents back 3 or 4 and their midfield).

Here we start the exercise off as a typical rondo and develop the idea to take it into the game situation.

This example can be the shape within a 4-2-3-1 system of play.

I have used this same set up many times in training to bring the ideas out in actual games with my U14 team. It works; we ended up ranked 5th in the USA developing these as well as many other moves.

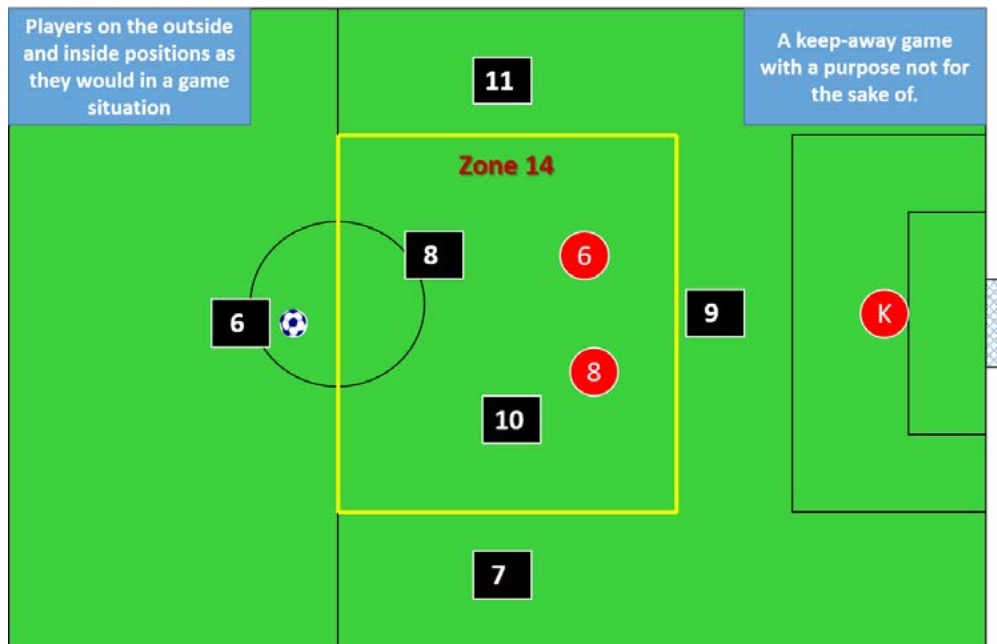
Certain moves become almost automatic as each player mentally knows what the other will do; before they do it.

And that is in a 1-3-3-1-3 system of play also (which is the attacking team shape of the 1-4-2-3-1 anyway).

Especially good when teams defend deep against you and you have to open them up with imaginative movements OFF the ball. I love this session.

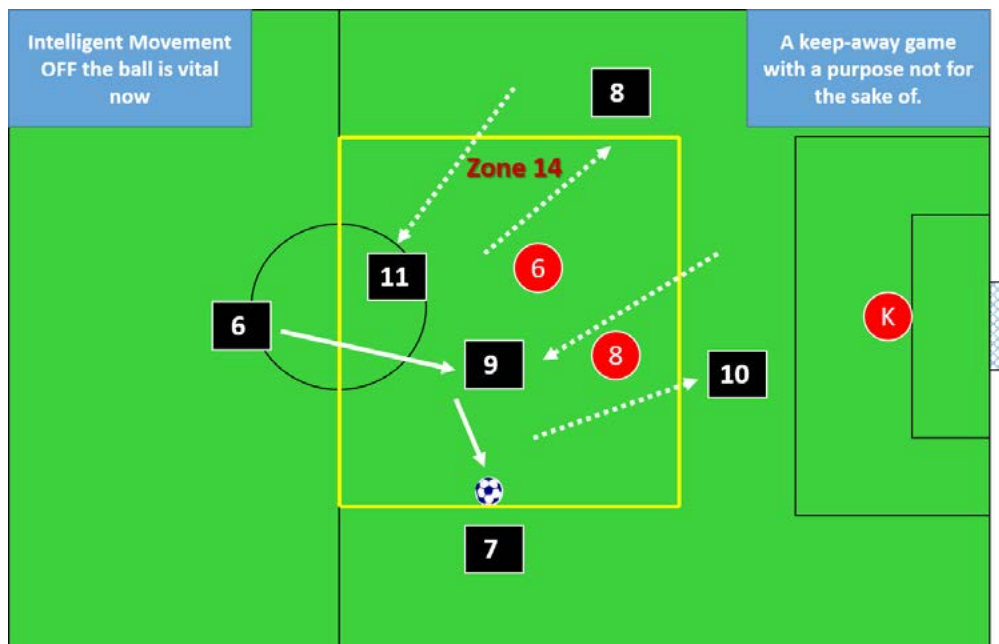
An Attacking Team Shape Rondo

2 v 2. (8) and (10) keep the ball away from (6) and (8). They can use outside players as support and play two touches for speed of play. Defenders try to keep the ball if they win it.



An Attacking Team Shape Drill With Interchanges

Players move in and out on the attacking team to confuse opponents. This is so much more than a typical possession game with players on the outside as each player moves based on the 4-2-3-1.



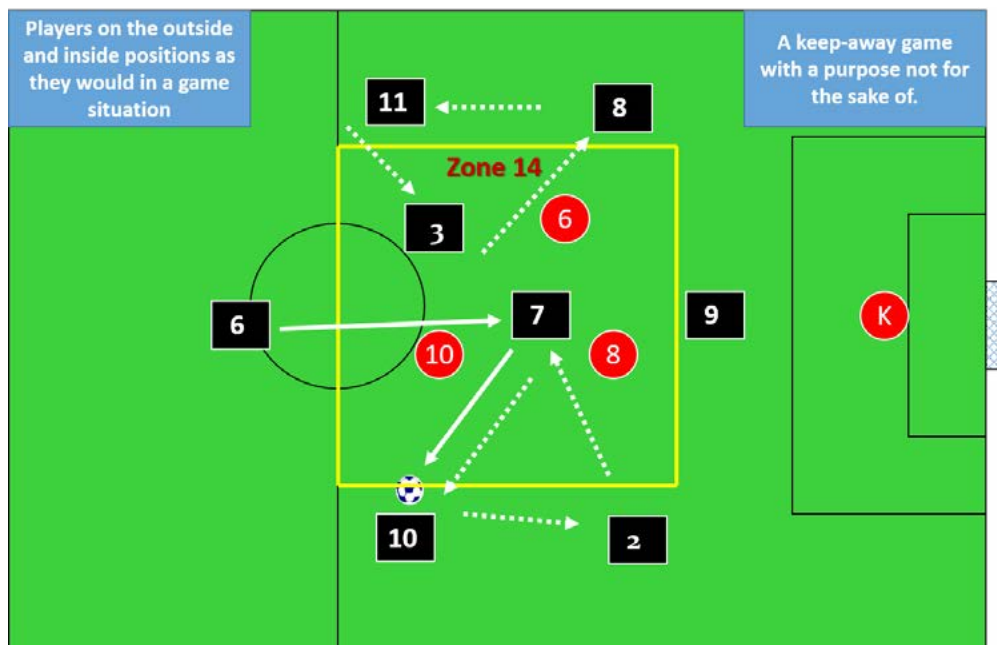
Add Wing Backs And Add A Defender

A very attacking way to play now with wing backs included so more options of movement and interchange OFF the ball to further confuse opponents.



An Attacking Team Shape Drill With Interchanges

Add Wing backs (2) and (3). Introduce another defender to increase the pressure. Make it a 2 v 3 against in the middle. Players can rotate on the blind side of the ball.



Make It A 4 v 2 Against On The Inside

As we get good at this increase the difficulty inside of Zone 14. Now its a 4 v 2 against so (8) and (10) have to work harder to find open passing lanes to play in and we need to ensure teammates interchange with them to increase the difficulty for the defenders also.



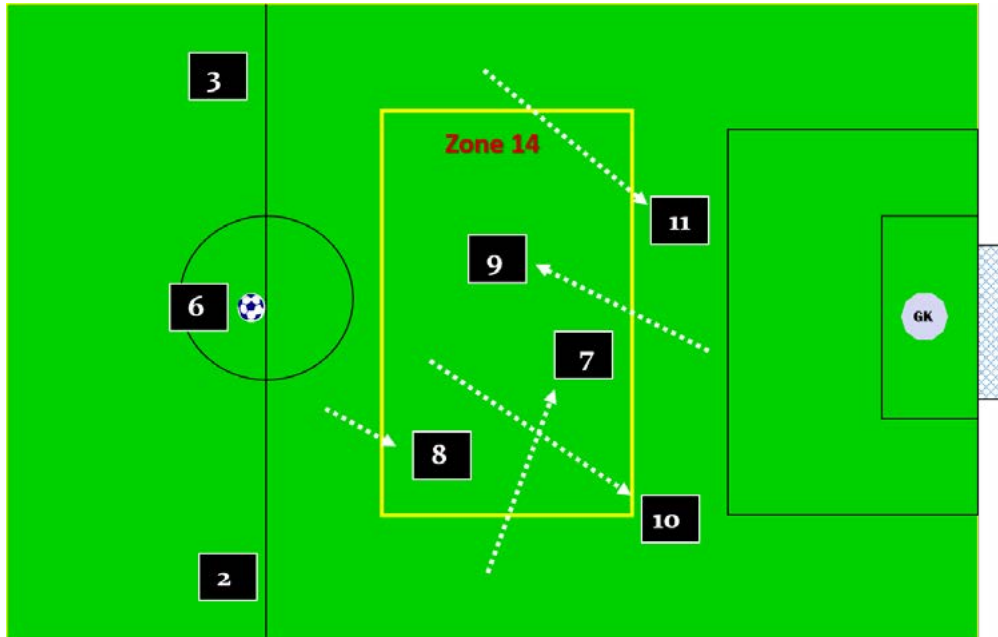
Phase of Play: Movements in the Attacking Third

The set up as a Start Position. We are looking at rotation between the players in a positional sense. Shadow play to begin. Coach can determine certain moves to begin then players invent them for themselves.



Phase of Play: Movements in the Attacking Third in a 4-2-3-1

After movement. If defenders are marking them and tracking their runs then this can cause great confusion. Here we have a 4 player rotation.



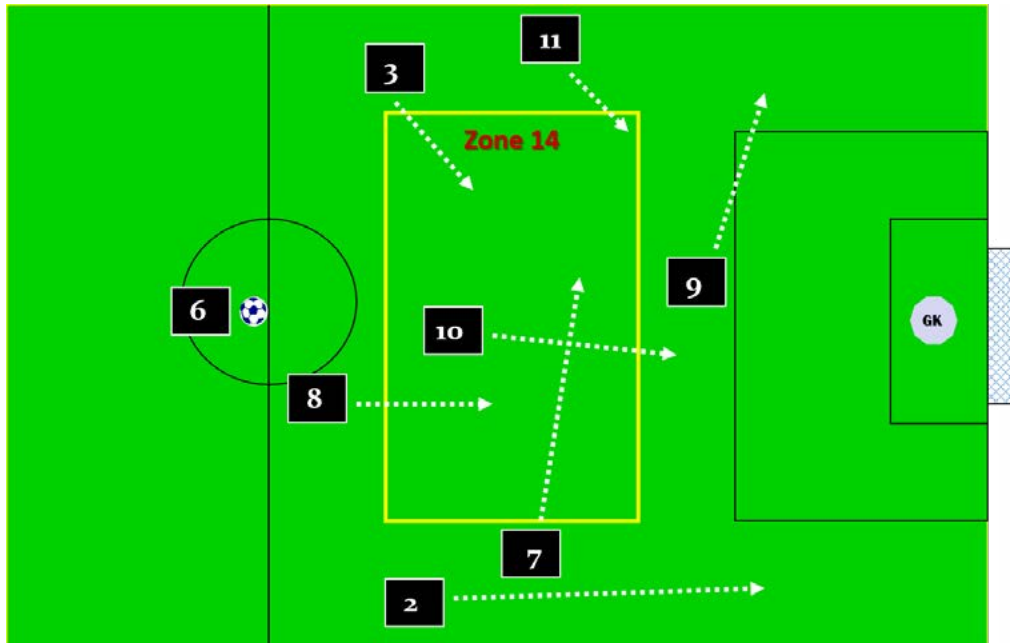
A Four Player Rotation

After movement. If defenders are marking them and tracking their runs then this can cause great confusion. Here we have a 4 player rotation.



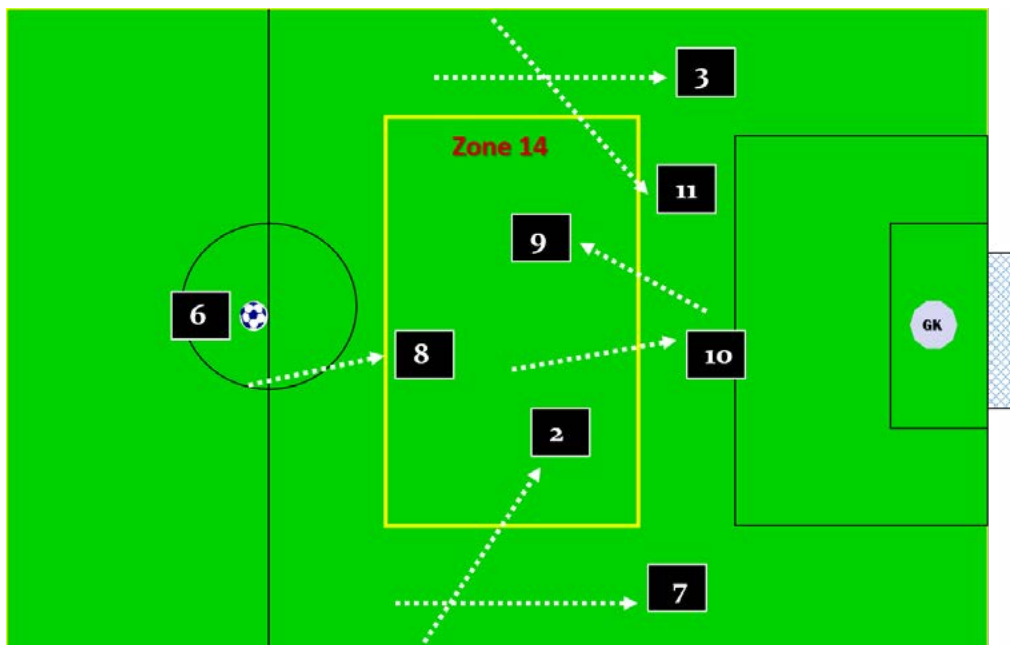
Wing Backs In

Introduce Wing Backs and now we have 6 or 7 players attacking and moving around changing positions to attempt to confuse the opposition.



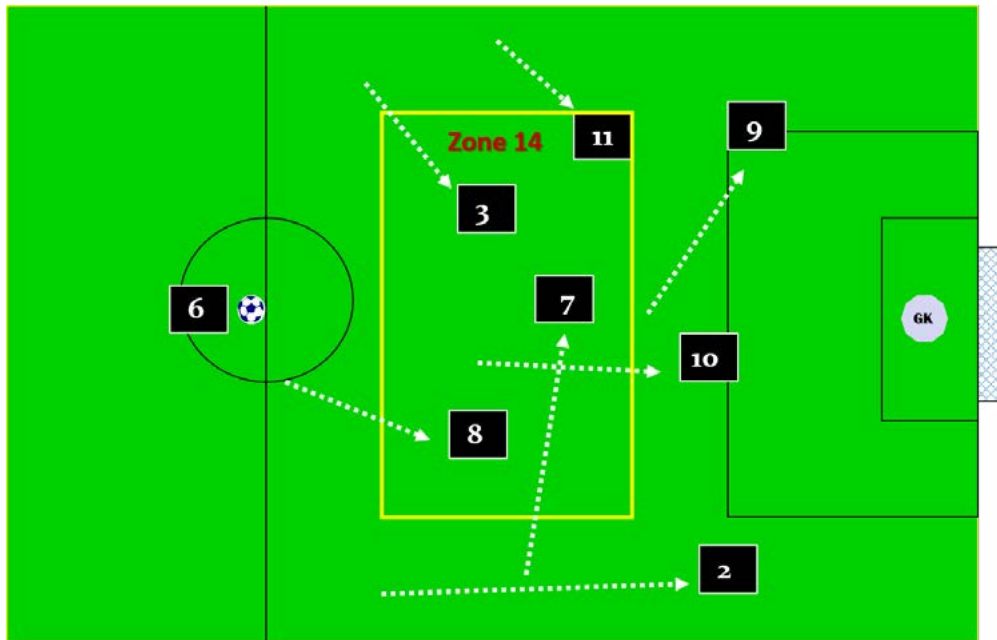
Phase of Play: Movements in the Attacking Third

Show each rotation in 2's, 3 and 11, 2 and 7, 9 and 10 and so on. A lot of interchanging positions that will set a big challenge to the defenders rather than; as often happens; players run up and down in straight lines which is easy to defend against.



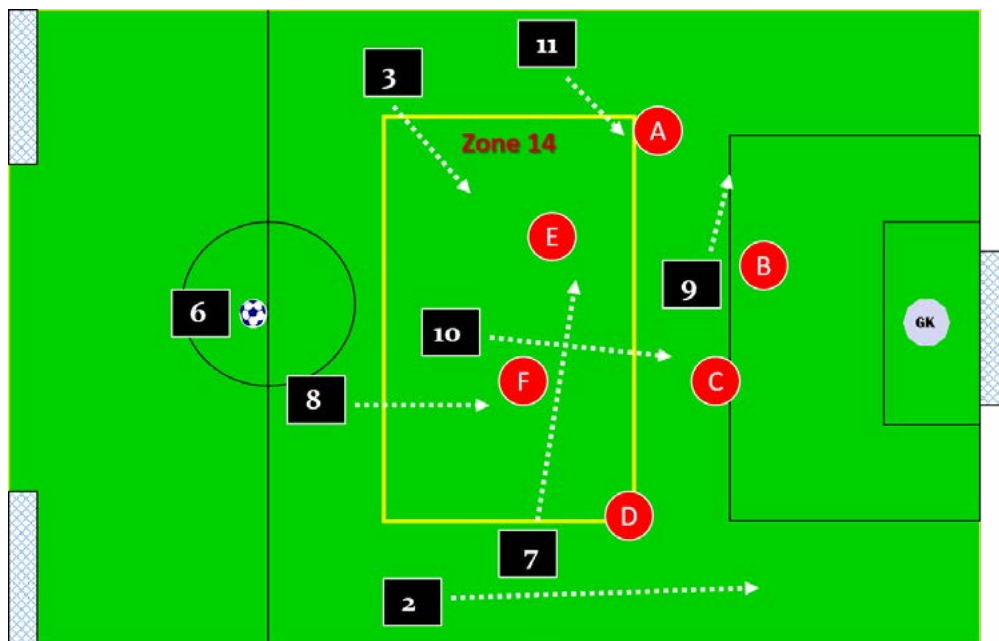
Phase of Play: Movements in the Attacking Third

End Product of all the movements. A lot of interchanging positions that will set a big challenge to the defenders rather than as often happens players run up and down in straight lines which is easy to defend against.



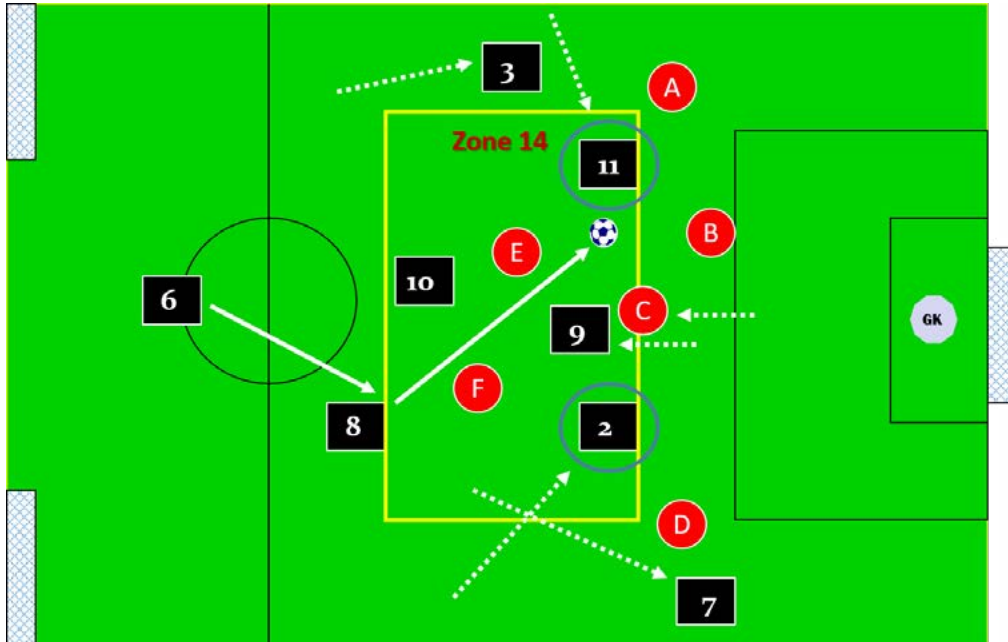
Defenders in to Make an 8 v 7 Phase of Play

Introduce OPPONENTS and show how your players movements OFF the ball will affect them.



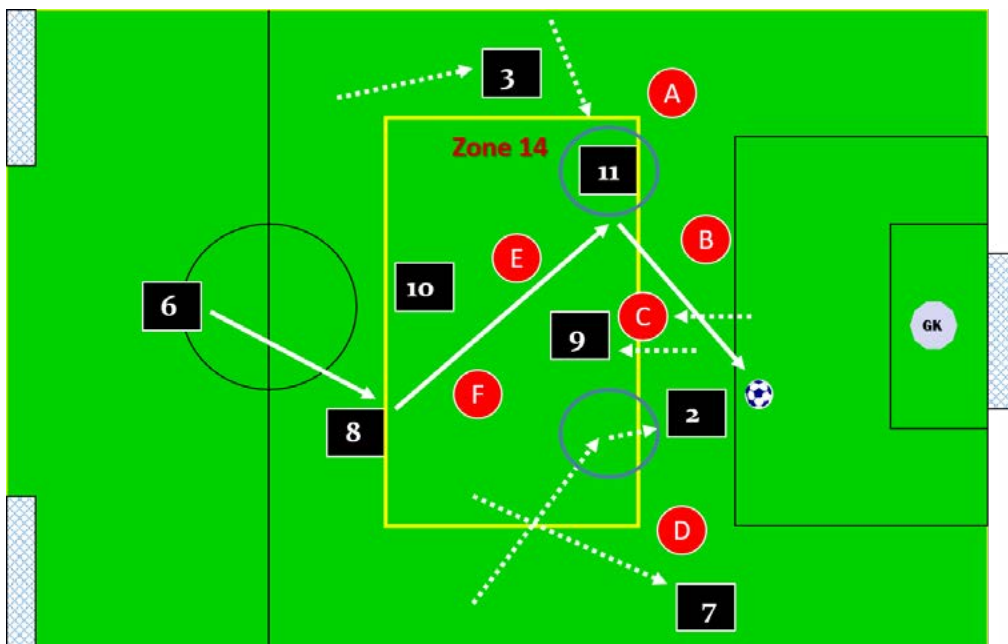
Positioning in What I Call “NO MANS LAND”

You want defenders to have to “second” guess who will mark (2) and (11) as they cut inside so they position BETWEEN (A) and (B) and (C) and (D). Defenders (A) and (D) have a choice track inside or stay wide? To reiterate we want (2) and (11) to position in the spaces between the fullbacks and center backs. Creating 2 v 1’s.



Phase of Play: Example of a Play

(9) Short; defender (C) tight, space behind for (2) to run in to receive the pass & be in on goal. Defenders (A) & (D) have a choice track inside or stay wide? We want (2) & (11) to position in the space between the fullbacks and center backs. Creating 2 v 1’s.



A Rondo Overloading Players in the Zone 14 in an 11 v 11

This Rondo is perfect for a starting point on rotation and movement in front of opponents defense.

Teams may work out that we are good at playing penetrating passes and making great runs in behind them so the way to try to stop this is to defend deep.

If they defend deep we need a tactical solution to counter this.

This presentation gives you ideas on how to do this and play initially IN-FRONT of the opponents back four.

Bayern Munich and Barcelona are very good at this, both motivated and taught by Pep Guardiola.

We can do it at our age level just as effectively.

We can practice this in a tight area, with the relevant players in their usual positions in the attacking third and just play possession as a warm up.

Lots of repetition in training to embed the ideas in the players minds.

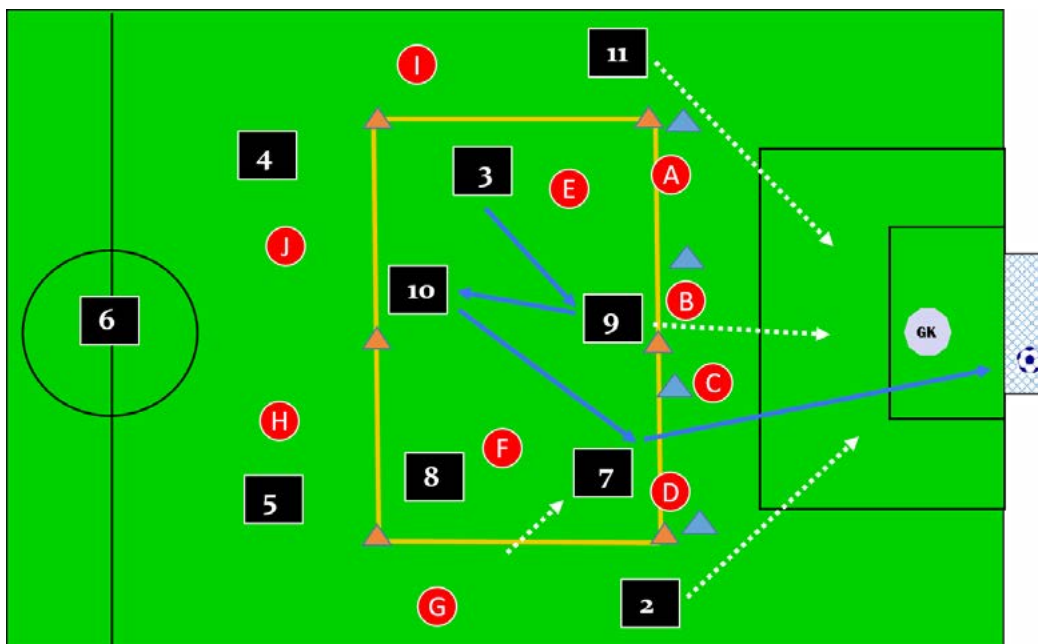
Setting Conditions To Make It Work

We overload zone 14 as shown. Condition the back four to not be able to go past the blue cones to keep them defending deep. Condition the attacking players to stay inside the Zone 14 orange coned off area so they MUST condense and get tight and get close to each other.



Getting Shots In On Goal

Again short and sharp build up, good positions in tight spaces between opponents and movements OFF the ball to get free to get into a shooting position. Other players follow in for rebounds but time it so they are not offside. Typical Messi run.



Overloading Players In Front Of The Opponents Two Center Backs

We want to overload Zone 14 in the center of the field by maintaining two wide players so there is an option to play wide. The idea is to get up in numbers in front of the two center backs. If the fullbacks tuck in to help as they have here and equal the numbers up then we can go wide to (2) and (11). Here a 3 v 2 centrally. (A) and / or (D) may tuck in but this frees up (11) and (2) wide.

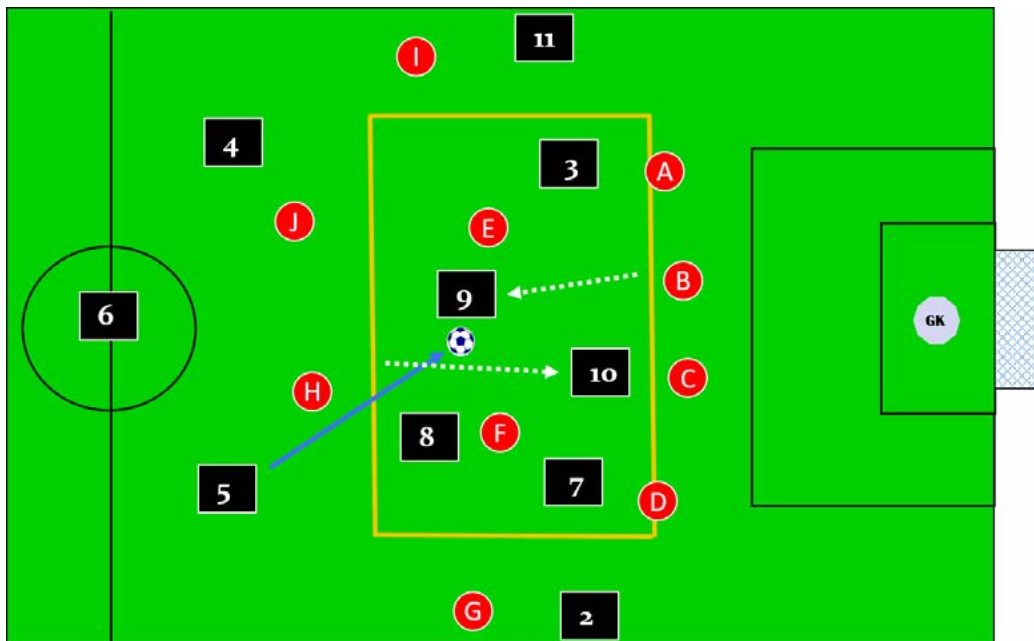


This can be one full session practicing playing short and tight and with quick 1 and 2 touch play. Players must move subtly to get into open very tight passing lanes between opponents.

Play quickly.

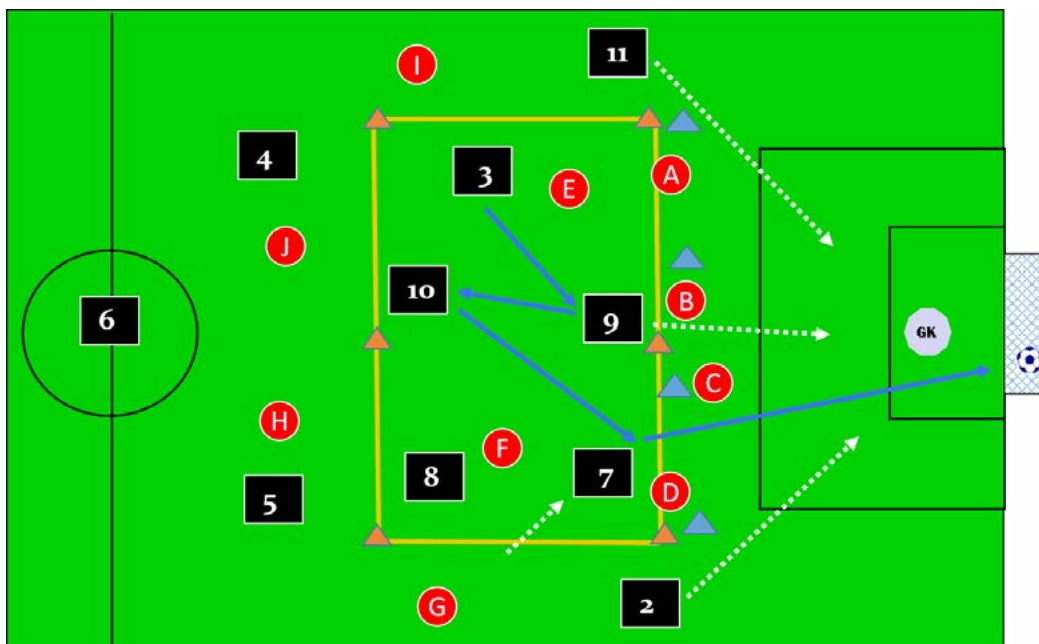
Rotation Of Players In Zone 14

(9) Drops off into (10)'s position to get free. (10) uses this as a cue to move forward and into (9)'s position in attack.



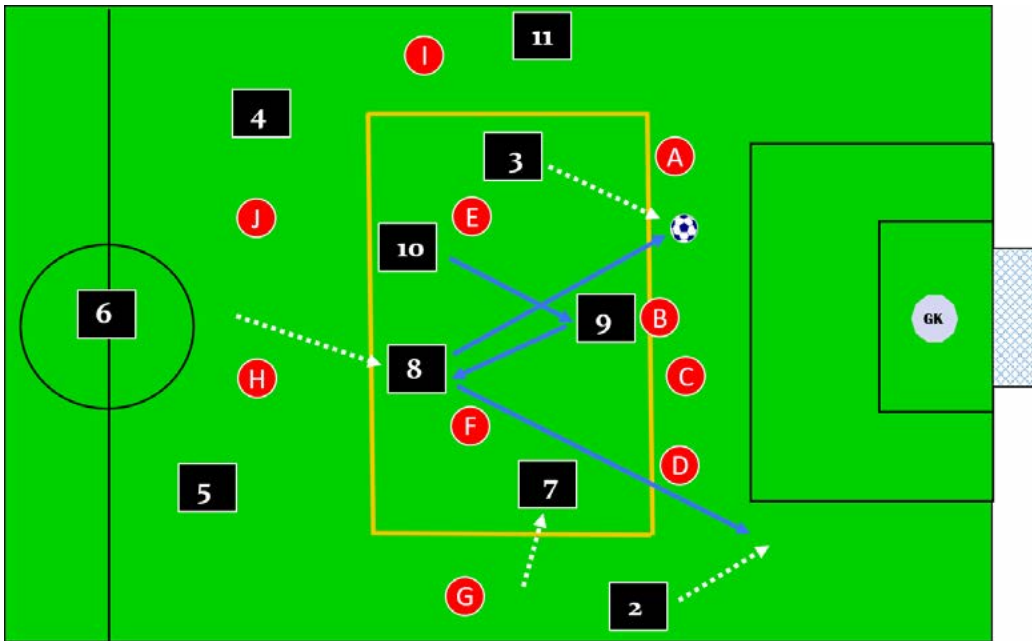
When opponents defend deep and there is no space in behind we must “initially” play in front of their back line

Use (9) as a pivot to set things up. (9) must be strong and able to hold the ball up to bring others into play. We MUST maintain a wide player each side of the field to get them in like above. Here we have 5 players in a very tight area supporting each other.



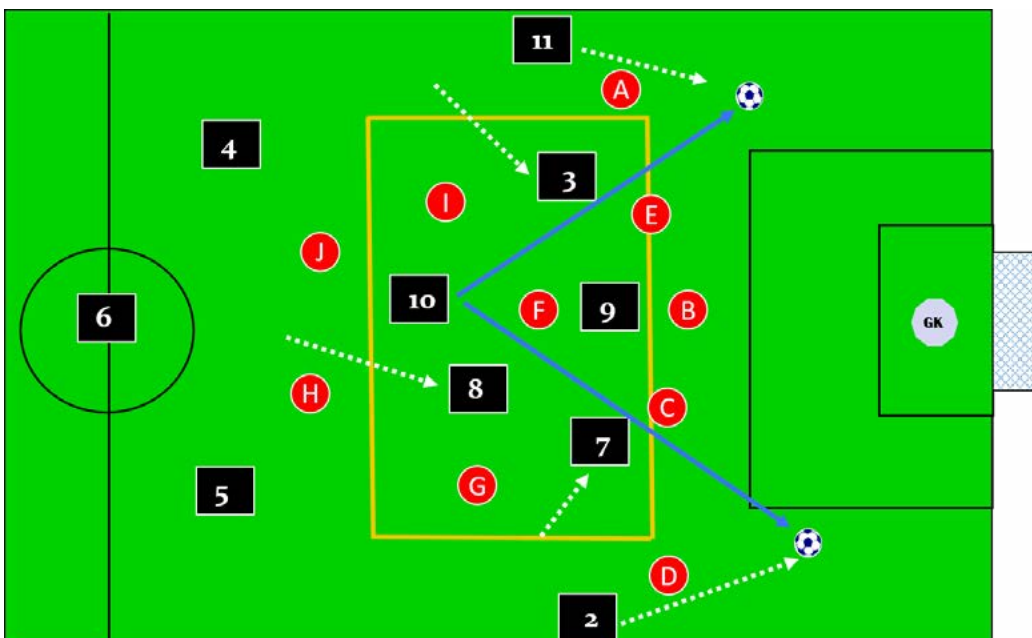
Pass into the striker and lay off, very simple but effective

Use (9) as a pivot to set things up. (9) must be strong and able to hold the ball up to bring others into play. Play it off to (8), play (2) or (3) in. Danny Alves of Barcelona makes many runs like this.



Overloading players in the Zone 14 against a back 5

3 v 3 centrally, 5 in zone 14 in tight spaces keeping the ball, two players offering width one on each side. Looking for diagonal balls in behind the fullbacks to get crosses in. MUST be able to keep possession to make this work.



DEVELOPING PLAYERS WITH RONDOS USING THE SOCCER AWARENESS PHILOSOPHY

This 222 page eBook explores the use of rondos in youth soccer. Rondos are a great way to prepare players for the game situations and especially the fast decision making needed within the game. I have included as a way to work into these game situations many Rondo ideas that I feel are great foundation builders for players learning to combine and play together. I have stayed with simplistic ideas that all levels of players can try and be successful at. It is up to each coach to work out how to make it work for their players.

Though the foundation of the basic rondo stays the same; we explore different ways to present it. It can be made easier or more difficult based on the number of touches players are allowed, for example, so it benefits ALL players who practice with them; also the size of area they play within can be manipulated to change the challenge.



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Soccer Awareness Training

Developing Players with Rondos Using the
Soccer Awareness Philosophy

Get It Now at www.SoccerAwareness.com



ABOUT WAYNE HARRISON

Married to Mary for 30 years with two daughters Sophie 26 and Johanna 23.

Wayne is available for Soccer Symposiums and Conventions wherever they are needed; and able to offer field clinics and classroom presentations of your choosing. He has vast experience in this field of work.



His specialist system of play is the 4-2-3-1. His favored type of development training is that of creating the “THINKING PLAYER” through his SOCCER AWARENESS methods of coaching.


His belief is developing the MIND of the player through ONE TOUCH training, which is purely to help the development of the SKILL FACTOR (the when, where how and why of decision making; or the thinking process). He wants all coaches to teach where it is the player who becomes the decision maker not the coach.

You can contact him on soccerawareness@outlook.com and / or view his website www.soccerawareness.com.

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